



BEST WESTERN  
CASTLE INN HOTEL  
BASSENTHWAITE  
KESWICK, CUMBRIA  
CA12 4RG

T: 01768 776401  
F: 01768 776604

E: SALON@CASTLEINNCUMBRIA.CO.UK

GIFT VOUCHERS & PAMPER DAYS  
ARE AVAILABLE

#### WEDDING PACKAGES

##### RADIANT BRIDE

Mini facial	45mins
Mini Palm & Sole treatments	1hr
Make up application on the day	1hr

2 separate appointments needed £90.00

##### BEAUTIFUL BRIDE

Mini facial	45mins
Full Palm & Sole treatments	2hrs 15mins
Trial make up application	45mins - 1hr
Make up application on the day	45 mins

3 separate appointments needed £140.00

##### LUXURIOUS BRIDAL PACKAGE

Full facial	1hr
Mini Palm & Sole treatments	1hr
Trial make up application	45mins - 1hr
Make up application on the day	45mins
Full body salt scrub	25mins
Brow shape	15mins

4 separate appointments needed £160.00

##### CREATE YOUR OWN PACKAGE!

Book your complimentary pre wedding consultation and we will piece together a package to suit your individual needs.

£ - Costs will vary

##### SANCTUARY HONEYMOON

Full leg wax inc bikini	45mins
Underarm wax	15mins
Eye lash & eye brow tint	30mins
Eye brow wax	15mins
Full body salt scrub	25mins

A tint test is required 24hrs beforehand. Management reserve the right to refuse treatment if a test is not completed.

2hrs 15mins approx £70.00

##### GROOMS PACKAGE

Sanctuary back therapy  
Man space facial  
Tidy Palm or Sole

2hr 15mins £80.00

#### SANCTUARY SIGNATURE BLISSFUL BACK THERAPY

After applying oil to the back neck and shoulders, your therapist will then coat your back in warm paraffin wax.

The oils in the paraffin will moisturise and replenish the skin, whilst the heat will soothe joints and problematic areas.

45mins £36.00

#### SANCTUARY SALT SCRUB

Using your choice of our aromatherapy salt scrubs, we will remove dead and excess skin cells to freshen and invigorate your skin.

Excellent for either before your holiday to help you achieve a deeper tan or after your holidays to prolong your colour.

25mins £20.00

#### SANCTUARY BACK REMEDY

A treatment that will soothe any aches and pains in the back area whilst ironing out knots and tension. Excellent for problematic back areas.

After scrubbing and cleansing the area, your therapist will then place a cleansing and purifying mask onto the back. Once this is complete, a back neck and shoulder massage will complete the therapy.

50mins £39.00

#### PACKAGES

##### JOYOUS ESCAPE – HOLIDAY PACKAGE

Full body salt scrub

Palm & Sole tidy & polish

Full facial

½ leg wax

Bikini

Eye brow shape

3hrs £105.00

##### PAMPERED PRINCESS

Mini facial

Mini Palm

Mini Sole

45mins £30.00

##### HOLISTIC HELPING HAND

Aromatherapy BNS

½ hour reflexology

½ hour facial with hot stone massage

2hrs £65.00

##### GUYS GROOMING

Sanctuary back therapy (scrub, mask and massage)

Man space facial

Tidy Palm or Sole

2hr 15mins £80.00

##### MAN SPACE

Hydra Performance 45mins £35.00

Pure Performance 45mins £35.00

Anti Ageing performance 45mins £44.00

INDIAN HEAD MASSAGE 45mins £25.00

##### REFLEXOLOGY

1hr £40.00

1hr 20mins inc hot stone foot massage £45.00

##### SANCTUARY STONE RESTORE

A luxurious hour and a half including most of the body. Beginning on the backs of legs, working up onto the back, turning over and continuing on the front of legs, arms, chest and finally the face.

90mins £60.00

SANCTUARY STONE REVIVE 45mins £35.00

SANCTUARY STONE RENEW 45mins £35.00

##### GUYS GROOMING PACKAGE

Sanctuary back therapy (scrub, mask and massage)

Man space facial

Tidy Palm or Sole

2hrs 15mins £80.00

##### WAXING

Back wax £17.00 - £20.00

Chest wax £17.00 - £20.00

##### MASSAGE

Swedish Full body 1hr £41.00

BNS 25mins £21.00

Back of legs & back 45mins £31.50

##### AROMATHERAPY

Full Body (inc Scalp & face) 1hr 15mins £52.00

BNS 35mins £28.00

Back of legs & back 45mins £38.00

#### BODY TREATMENTS

##### SANCTUARY SIGNATURE BLISSFUL BODY THERAPY

After applying oil to the skin, your therapist will then coat you from head to toe in paraffin wax. The oils in the paraffin will moisturise and replenish the skin, whilst the heat will soothe joints and problematic areas.

1hr 15mins £56.00

During your time in Sanctuary at the Castle, our highly trained therapists desire your tension and stresses to ease away whilst in their care. Let the ambiance and surroundings soothe your troubles and alleviate aches as you walk through the door.

Your relaxation is of the utmost importance to us.

Please make sure you leave enough time to enjoy our relaxation area after your treatment with a complimentary refreshment, enabling you to leave us with a sense of well being, restoration and rejuvenation. Due to popular demand, it is essential to book your appointment prior to attending the salon. Please telephone the beauty department and they will assist you with any queries and requirements you may have. 24hrs notice must be given prior to cancellations

#### COMFORT ZONE

Using comfort zone facial and body products we offer a wide range of treatments to suit all skin types. Comfort Zone combine the best of science and nature by offering the highest quality of products to develop and deliver long lasting results, with a unique experience. Each Comfort Zone treatment begins with a tranquillity welcome ritual to relax and soothe the senses.

#### FACIAL THERAPIES

##### RECOVER TOUCH – ANTI OXIDANT VITAMIN TREATMENT

Intense and nourishing with cloud berry and canola oil. Provides luminosity and glow to a dull and tired complexion. Rich in vitamins and mineral salts to detoxify and rejuvenate all skin types.

30mins £35.00

##### SKIN RESONANCE

###### – REBALANCING TREATMENT FOR SENSITIVE SKINS

A treatment developed to rebalance and strengthen sensitive skins. This treatment not only cools and calms, but reduces any irritation within the skin.

60mins £45.00

##### HYDRAMEMORY - 24HR DEEP HYDRATING TREATMENT

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture in the skin whilst the special ingredient 'Trehalose' is taken from the cacti to increase the moisture, leaving the skin feeling like silk.

60mins £46.00

##### ACTIVE PURENESS

A choice of two deeply cleansing and purifying facials, recommended for oily/combo skin types.

##### ACTIVE PURENESS REBALANCING - DEEP PURIFYING

Treatment for oily or combination skin. Extracts of sage, balm mint and orange leave the skin feeling fresh and restored.

60mins £45.00

##### ACTIVE PURENESS REGENERATING

###### - ACTIVE TREATMENT FOR PROBLEM AND IMPURE SKINS

Balances and treats problem skins using fruit acids to gently exfoliate surface cells, leaving the skin feeling fresh and clear.

60mins £52.00

##### ABSOLUTE PEARL

###### – TREATMENT FOR DULL OR PIGMENTED SKINS

This facial treatment is excellent for treating hyper pigmented areas while improving skin luminosity. The anti oxidant effect creates an immediate brightness. The treatment uses brightening extracts of lemon and white willow bark.

60mins £46.00

##### GLORIOUS SKIN

###### – INTENSIVE LIFTING AND SMOOTHING TREATMENT

This treatment gives an immediate lifting, plumping and tensing affect. Working on the muscle contractions that naturally cause the skin to sag and facial muscles to drop, using the special ingredient 'Hexapeptide' which works as a muscle inhibitor.

60mins £46.00

##### ALPHATHERAPY COLLAGEN

###### – EXFOLIATING AND FIRING TREATMENT

Stimulates cellular regeneration by removing surface cells with fruit acids. Firming and toning to improve tone and texture with the additional use of lock in moisture.

60mins £50.00

##### EYE SUPREME TREATMENT

Anti ageing eye zone system to restore moisture and nourishment to the delicate eye area to reduce puffiness and dark circles whilst eliminating dehydration lines.

30mins £26.00

Included in a full facial £16.00 + £ of facial

##### LIP BLOOMING

A complete lip care system to rejuvenate, smooth, nourish, hydrate and re-plump the lip area.

30mins £23.00

Included in full facial £15.00 + £ of facial

##### ACTION SUBLIME FACIAL – DEEP ANTI AGING TREATMENT

Exceptional anti-ageing action thanks to the synergy of elasticising retinol. This treatment visibly reduces wrinkles and expression lines. Promotes deep relaxation through our specialised three phase massage technique. Therapists are hand picked Nationwide for this facial, currently our Sanctuary Manager is the only Action Sublime therapist in Cumbria, which makes this treatment 'Exclusive' to Sanctuary at the Castle.

90mins £65.00

**JESSICA MANICURE** 45mins £17.50  
Using Jessica products we will trim/tidy the nails, perform cuticle work, hand massage and moisturise.

**DELUXE MANICURE** 1hr £28.00  
An excellent treatment for any people who suffer with dry/chapped skin or arthritis. After completing a full Jessica manicure, we will massage the hands with cream and then place them in heated mitts.

**SANCTUARY SIGNATURE MANICURE**  
1 hour 15mins £33.00  
A luxury spa experience. After completing a full manicure we will cover the hands in warm hemp paraffin wax, then place in heated mitts. Exceptional for eczema and psoriasis sufferers. Also brilliant treatment for people suffering with arthritis.

**SOLE**  
Tidy, file & paint 30mins £13.00

**ZEN SPA PEDICURE**  
All our full pedicures include a foot spa bubble bath. You have the choice of either calming green tea, revitalising citrus or energising ginger products. The nails are then trimmed/tidied. Full cuticle work, foot exfoliation and a choice of green tea, citrus or ginger foot mask, ending with foot massage.  
Polish is optional at the completion of pedicure.  
1hr £30.00

**ZEN SPA DELUXE PEDICURE**  
Again you have the choice of either calming green tea, revitalising citrus or energising ginger products. After a full Zen spa pedicure we then massage the feet with your choice of souffle and finish with heated mitts.....Heavenly...you'll be walking on air!!  
1hr 15mins £35.00

**SANCTUARY SIGNATURE PEDICURE**  
A truly luxurious spa treatment. After a full Zen spa deluxe pedicure, we will cover the feet in warm hemp paraffin wax, then place in heated booties. Exceptional for eczema and psoriasis sufferers. Also brilliant for people suffering with arthritis. Polish is applied to complete the treatment.  
1hr 30mins £40.00  
All polish £2.00 extra unless otherwise stated. French polish is £3.50 extra. It must be stated at the time of booking, if you are requiring polish.

#### GENTLEMEN'S THERAPIES

Here is a selection of therapies hand picked for the guys. If there is something in the brochure that you would like and it is not in the men's section, please contact a therapist and they will assist you, as most of the treatments stated in the brochure can be adapted.

#### BEAUTY BITS

##### EYE ENHANCERS

Enhance your eyes with a semi permanent colour, excellent, when going on holiday or swimming and for the fair haired individual.

Eyelash tint	25mins approx	£11.00
Eyebrow tint	15mins approx	£9.00
Eyelash & eyebrow tint	30mins approx	£17.50

\* A tint test is required 24hrs before the booking time.

Management reserve the right to refuse treatment if a test is not completed.

#### WAXING

Waxing is an excellent semi permanent method of hair removal which will last between 3 - 6 weeks. (Sometimes longer with habitual waxing!) Regular waxing softens the hair, along with finer and sparser growth. The hairs need to be at least ¼ inch to allow for a smooth and efficient finish.

Full leg wax inc bikini	£27.00
½ leg wax	£14.00
¾ leg wax	£17.00
Bikini line	£8.00
Bikini line & inner thigh	£10.50
Underarm wax	£7.00
Lip wax	£6.00
Eyebrow wax	£7.00
Chin wax	£6.00
Facial wax (lip, chin & eyebrow)	£17.00
Forearm wax	£12.00
Back wax	£17.00 - £20.00
Chest wax	£17.00 - £20.00

#### MAKE UP

We use a mineral brand of cosmetics that are a treat for the skin. Whether you require help with the daily application of colours or for that special occasion, we can help you look your best with helpful tips and advice.

Make over	30 - 45mins	£28.00
Make up lesson	1hr	£35.00
Wedding trial & make up on the day		£45.00

#### PALMS & SOLES

Using Jessica products we will improve the nail condition whilst performing full cuticle work, file & tidy and hand/foot massage.

**PALM**  
File, tidy & paint 30mins £13.00

#### MAN SPACE

Specifically designed for mens' skin. A choice of three treatments to refresh, remineralise and moisturise the skin. Each facial will help alleviate the ravishes of shaving.

#### HYDRA PERFORMANCE

##### – REHYDRATION TREATMENT FOR MEN

Perfectly restores moisture levels to the skin by the use of active ingredients.  
45mins £35.00

#### PURE PERFORMANCE

##### – ACTIVE PURIFICATION TREATMENT

Removes impurities whilst rebalancing oily areas. This deep cleansing treatment leaves skin with a matte finish.  
45mins £35.00

#### ANTI AGE PERFORMANCE

##### – ACTIVE REJUVENATING TREATMENT

Active treatment to contrast wrinkles and expression lines, stimulates cell renewal leaving the skin firm and toned.  
45mins £44.00

#### HOLISTIC THERAPIES

##### INDIAN HEAD MASSAGE

A Indian ritual based on the ancient Ayurvedic healing technique to help alleviate conditions such as tinnitus, sinus blockages, headaches, eyestrain and migraine. A wonderful relaxing treatment that leaves you with an enormous sense of wellbeing.  
45mins £25.00

#### REFLEXOLOGY

An ancient treatment which was practiced by the ancient Egyptians and ancient Chinese. It includes the stimulation of reflex points on the feet, to rebalance and restore energy to the body whilst promoting self healing with conditions such as PMT, stress, stomach complaints and joint problems.

1hr	£40.00
1hr 20mins inc hot stone foot massage	£45.00

#### REIKI

Reiki is a natural healing energy that surrounds us all. Using the therapists' as a channel, Reiki is immensely relaxing soothing and healing for the soul, on an emotional and physical level.

1hr	£25.00
30mins	£18.00

#### HOT STONE MASSAGE

This is a treatment carried out with the application of heated basalt stones. The warmed stones hold heat for a length of time, which is released slowly in conjunction with massage and stone placement. This treatment will bring a deep sense of relaxation and leave you feeling energised, refreshed and rejuvenated. It aids detoxification, muscle fatigue and muscular aches & pains.

#### SANCTUARY STONE RESTORE

A luxurious hour and a half including all parts of the body. Beginning on the backs of legs, working up onto the back, turning over and continuing on the front of legs, stomach, arms, chest and finally the face.  
90mins £60.00

#### SANCTUARY STONE REAWAKEN

After receiving a full Sanctuary Stone Restore, we will then perform a comfort zone facial as chosen for you by your therapist.  
2½hrs £95.00

#### SANCTUARY STONE REVIVE

This treatment comprises of massage and stone placement to the backs of legs and back, neck and shoulders. Marvellous for sciatica, back and neck problems.  
45mins £35.00

#### SANCTUARY STONE RENEW

A treatment specifically designed for the emotional, tired or stressed individual. We will start with Reiki to ease worries and tension, to leave you calm and energised. We will then carry out a full neck, back & shoulder hot stone massage....total bliss!  
45mins £35.00

#### MASSAGE

##### SWEDISH

A truly excellent way to relieve muscular aches and pains. It also provides relief from stress and tension in addition to promoting blood circulation and lymph drainage.

Full body	1hr	£41.00
BNS	25mins	£21.00
Back of legs & back	45mins	£31.50

#### AROMATHERAPY

Using a specific specially selected blend of oils to suit your own individual needs, we will ease away tension, whilst using the magic of aromatherapy to treat/assist with a number of ailments.

Full Body (inc Scalp & face)	1hr 15mins	£52.00
BNS	35mins	£28.00
Back of legs & back	55mins	£38.00